

Chocolate Cacao Nib Nice Cream

Frozen Bananas whirled around with chocolate to create a silky smooth and creamy dream.....

Ingredients

- 3 cups frozen banana cubes
- 1/2 cup -2/3 cup almond milk
- 1/4 cup maple syrup or date syrup
- 1 tsp vanilla
- 1/4 cup cacao powder
- 1 T cacao nibs



Instructions

1. Place all ingredients in a high-powered blender (Vitamix)
2. Put lid on top and turn the power on.
3. Quickly increase speed to high. It may start yelling at you. That's okay.
4. Keeping lid securely fastened, use tamper to ensure all the bananas are included.
5. When smooth and creamy, turn power switch to off.
6. Pour into serving dishes and serve immediately.

Notes

If you want a firmer consistency, place in an ice cream maker. Alternatively, you can also pour your nice cream into a freezer-proof container and place it in the freezer for about an 1 hour.

This keeps extremely well in the freezer. Just let it thaw for about 15 minutes before trying to scoop it out.

Topping options are endless!! Fresh fruit, more cacao nibs, chopped nuts, chocolate chips, coconut, chocolate syrup, sprinkles, and more!